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The invention relates to a home trainer designed to accommodate a bicycle, comprising a brakable drive roll incorporated in a frame, which can be mounted in a friction coupling with a driven wheel of the bicycle. The frame is provided with a sub-frame that is rotatable about a first pivoting point, the drive roll being mounted in the sub-frame. The frame is further provided with a handle rotatable about a second pivoting point, which is adjustable between an operational position wherein the handle pushes the sub-frame towards the wheel such that the drive roll and the wheel maintain the friction coupling, and a neutral position wherein the handle releases the sub-frame such that the drive roll and the wheel do not engage,